

WINTER 2009

FOREST MANOR NEWS

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FOREST MANOR MULTI-SERVICE CENTER 2009 CHAMPIONS AWARDS LUNCHEON

Please Join Us for the 2009 Champions Awards Luncheon! Special Guest Speaker: Roland S. Martin December 2, 2009

The 2nd Annual Champions Awards Luncheon will recognize those individuals who bring hope and promise to our neighborhood. We will acknowledge those supporters, clients, staff and past board who have contributed to Forest Manor's success over the past years. This year Champion's Awards Luncheon will be hosted by *Honorable Andre Carson* (United States House of Representatives), *Bart Peterson* (Senior VP of Corporate Affairs and Communications), *Dr. Virginia Caine* (Marion County Health Director), with keynote speaker Mr. Roland S. Martin (see below).

2009 AWARD RECIPIENTS ARE:

Volunteer - Keith Ledford

Media - Anthony Calhoun, WISH-TV 8

Community Service - Sheryl Wise, Perry Township School System

Civic - Christine Scales, City County Council

Former Board Member - Darryl Mason, Greater Indianapolis Progress Committee

Philanthropic - United Way of Central Indiana



Roland S. Martin is a nationally award-winning and multi-faceted journalist. A nationally syndicated columnist with Creators Syndicate, Mr. Martin is the author of *Listening to the Spirit Within: 50 Perspectives on Faith*, and *Speak, Brother! A Black Man's View of America*.

Mr. Martin is a commentator for TV One Cable Network, and also host of *The Roland S. Martin Show* on WVON-AM/1690 in Chicago. He can be heard daily from 6 a.m. to 9 a.m. He is also a CNN Contributor, appearing on a variety of shows, including Paula Zahn Now, Anderson Cooper 360, Lou Dobbs Tonight, and many others. Roland has recently acted as the fill-in host for Paula Zahn and hosted a CNN special called *What*

Would Jesus Really Do? He is also a contributor for Essence magazine and posts a daily blog on Essence.com. An insightful and provocative analyst, Mr. Martin has appeared numerous times on MSNBC, FOX News, Court TV, BET Nightly News, BBC News, National Public Radio, The Word Network, America's Black Forum, American Urban Radio Networks, the Tom Joyner Morning Show, the Washington Watch, and NPR's News and Notes.

He is the former executive editor/general manager of the Chicago Defender, the nation's largest Black daily newspaper. He is the former founding news editor for Savoy Magazine under the team of New York-based Vanguard Media, and the former founding editor of BlackAmericaWeb.com, owned by nationally syndicated radio show host Tom Joyner and Radio One.

To purchase a seat or for more information please contact Regina Marsh (317) 545-1204

FMMSC MISSION:

Forest Manor Multi-Service Center empowers the lives of our neighbors by offering individuals and families the services and supports they need to become self-sufficient.



FMMSC VISION:

Forest Manor Multi - Service Center strives to improve the quality of life of individuals and families for our neighborhood. Our programs, services and advocacy will result in a more vibrant community by increasing employment opportunities; improving high school graduation rates; reducing poverty and crime; and empowering families to thrive.



5603 E. 38th Street | Indianapolis, IN 46218 | tel 317.545.1204

www.fmmssc.org



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CLIENT SUCCESSES

Youth Programs

"Michelle", an African American 15-year-old living on Indianapolis' near eastside, has participated in youth development programs for two years. She originally came to the program in need of Math tutoring and soon joined the program's other academic, social and recreational activities which provide a safe and nurturing environment for teens during evening hours.

During the beginning of Michelle's second year with the program, she and her mother were experiencing extreme conflict resulting in Michelle being kicked out of the house. During this difficult and stressful time, it was hard for her to get to school and her attendance suffered. However, she stayed with a family member and continued to take part in the programs at Forest Manor which provided a degree of security and stability. Agency staff remained in constant contact with Michelle's mother during this time and worked hard to mediate the situation.

Staff also helped Michelle get a summer job at a nearby hair salon that carried over into weekend employment after school started. Michelle's mother agreed to let her come home. She said that staff helped her realize Michelle is still a child and she is working hard not to "nit pick" about everything she does. Michelle says their relationship has improved greatly.

Without this agency's services and intervention, Michelle would most likely be a homeless teenage drop-out. Instead, she is reunited with her mother, attending school regularly and continues to participate in FMMSC's youth programs which are providing the support and encouragement she needs to achieve her full potential.

Workforce Development Program

Mr. Williams was a participant of the Eastside Comprehensive Anti-Gang Initiative (CAGI) Workforce Development program; he came to us in July of 2009, after being referred by Marion County Parole. After the initial assessment, we found this young man had a lot of barriers and had been diagnosed as a severe dyslexic. Mr. William's was unable to read or write and was having a really tough time participating in the classroom portion of the CAGI program. He expressed that if he didn't get moved away from Indianapolis he was afraid he was going to return to selling drugs and participating in gang activity and that threats had already been made against his life.

Since our work with him and the Marion County Parole Department, he has been transferred to another Parole district and has become involved in a Faith Based program. This organization was very much involved in his transfer and assisted with successfully continuing the ground work set by Forest Manor. He is now working a job for a computer company, making 8.00 an hour, and has also completed a class to become a Certified Recovery Coach. Additionally he has not tested positive for illegal drug usage since his transfer in July. He is anxious to come back here and speak to our Adult and Youth CAGI participants about how he has become and stayed successful during his journey!!!



FOREST MANOR MULTI-SERVICE CENTER VISION

We, the staff and Board of Directors, at Forest Manor Multi-Service Center value:

- ⇒ All people by treating them fairly and with respect
- ⇒ Honesty and integrity
- ⇒ Compassion
- ⇒ Outcome based programs with proven results
- ⇒ Commitment to the community
- ⇒ Creative Solutions
- ⇒ Partnerships and collaborations





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KENNEDY KING SENIOR PROGRAM

MISSION

The New Beginning Seniors Program supports the community by improving the life for one of our often-overlooked, but most valuable assets....our Senior Citizens.

SENIORS PROGRAM

Forest Manor Multi-Service Center in partnership with Indy Parks offers a senior program for persons ages 55 and older. Five days a week Kennedy King Park provides a place for friends to challenge each other to a card or domino game, or compete for the title of Bingo Champion. Weekly activities consist of Bible Study, Bingo, Arts & Crafts, Chair Aerobics, Bowling and Shopping excursions.

The Kennedy King Senior Program New Beginning Seniors in partnership with Indy Parks receive wrap around services from Sister Center FMMSC. Cummings Mental Health in partnership with FMMSC provides services to the Kennedy King Seniors. Sandy Hartman-Heisserer representative from Cummings has started the first Friends and Family day that took place in October. New Beginning Seniors will be host to our friends from Southeast Community Center for our next one in November. **Free transportation for those that live within the Kennedy King Community**

Hours of Operation

8:30 a.m. to 12:30 p.m.

Monday through Friday

Still accepting enrollment for participants



SENIOR WELLNESS PROGRAM



The Senior Wellness Program is open to all seniors 55 and older. This program offers a variety of assistance to prevent loneliness and social isolation, provide mental stimulation, enhance self-concept, offer a creative and social outlet, and offer nutritious lunch and snacks for those in need. Activities include: arts & crafts; leisure activities such as cards and board games; exercise; social outings, health, computer basics, health/nutritional advice, and other recreation and cultural pursuits. In addition to these activities, seniors may receive mental health and other counseling. Seniors can also participate in workforce development activities and access other support services offered through FMMSC such as emergency financial assistance. Senior activities are Monday through Friday from 10:00AM to 2:00PM. **Transportation is provided within our Boundaries.** For more information contact Carol Calvin, Senior Program Coordinator at Ext. 200.

PERFECT SOLUTION FOR BEFORE AND AFTER SCHOOL

Often times it can be difficult to find proper care and activities for youth. The Forest Manor Multi-Service Center has the perfect solution. We offer a before school program from 7:00 a.m. until 9:00 a.m. and an after school program from 3:00 p.m. until 6:00 p.m. Our qualified and energetic staff offer youth a fun, safe and nurturing environment. Activities include: Daily snacks, arts and crafts, computer time, homework assistance, Martial Arts, nutrition & fitness, and much, much more!

The FMMSC before and after program is for youth ages 6 - 12. Transportation is provided from IPS schools 106, 99, 93, 94, 98, 83, 69, and 105. We also pick up at the Challenge Foundation Academy, the Project School, Andrew J. Brown Charter School, St. Andrews and Imagine Academy. and We also pick up from area school bus stops within 46th St. north, 30th St. south, Keystone Ave. west, and Post Road east. Registration is \$10 per child and there is a weekly fee of \$25.00. **CCDF is Accepted!!** For more Information call Ms. Tangela at Ext. 300.

HEALTH PAGE

FROM FALL FITNESS TO HEALTHY HOLIDAY HABITS

The weather is getting cooler and the holidays are just around the corner, but that doesn't mean your healthy habits need to chill. FitCity offers these tips to get you up and moving this fall and keep you on track during the holiday season.

Football Fitness

It's okay to catch your favorite football team on TV, just don't sideline your fitness routine. Pick up a jump rope during the commercials and test yourself to see how long you can jump; snack on pretzels at the tailgate party instead of chips; walk (or run) around the block during halftime; and celebrate a victory by doing your own victory dance.

Grab the Rake

Raking leaves is considered moderate physical activity, similar to a brisk walk – and it's a great way to fit in exercise while doing chores. Not only does it help your yard look better, but it helps you look better by building upper-body strength.

Eat Early

Make sure you eat before you go to a holiday gathering. Avoid the unhealthy, but yummy foods by eating healthy snacks before you arrive to the party.

Lighten Up

There are great resources, including FitCity online recipes that turn traditional recipes into healthy, tasty holiday favorites. Lighten up by substituting evaporated skim milk for cream, bake instead of fry, use olive oil for shortening or butter, and smoked turkey for ham hocks.

Drink Water

Holiday drinks such as eggnog and hot chocolate can have a lot of hidden calories, so fill your glass with water or a low-calorie alternative.

Choose the Good Foods First

Fill your plate with "good" foods first with vegetables, fruit, turkey breast, lean ham and salad. By the time you reach the dessert table you won't have room for the sweet treats.

Make Up For Unhealthy Meals

It's ok to enjoy your favorite foods, just make up for it later by hitting the gym or walking a few extra steps. Make up for any holiday lapses by focusing on healthy habits throughout the season.

Finally, if you're looking for healthy gifts this holiday season, consider giving the gift of health, nutrition and fitness.

- ✦ **Here's to Your Health Basket:** Replace the cookies and candy with low fat treats, a low fat cookbook, a pedometer, fresh fruit and herbal tea.
- ✦ **A Healthy Subscription:** Give the gift of a year-long subscription to a health or fitness magazine.
- ✦ **Go Dark:** For those who like chocolate, give them dark chocolate. Reports indicate that dark chocolate helps lower high blood pressure.
- ✦ **Train with a Trainer:** Give the gift of a personal trainer consultation to help your friend find the right exercise routine for the New Year.

Make a Gift: Rather than spending money on a gift, make a donation to a local charity in honor of your friend or family member.

From Fall Fitness to Healthy Holidays, FitCity encourages you to move more, eat healthy and find new ways to incorporate healthy habits into your lifestyle. For more information visit www.fitcityindy.org.





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HOLIDAY STRESS TIPS

As the winter holidays approach and our plates fill-up with more than we can handle, now is a good time to look at some practical ways to minimize stress. Try these tips to help this holiday season:

Acknowledge your feelings. If a loved one has recently died or your loved ones aren't near, realize that it's normal to feel sadness or grief. You can't force yourself to be happy just because it's the holiday season.

Seek support. If you feel isolated or down, seek out family members and friends, or community, religious or social services. They can offer support and companionship.

Set differences aside. Try to accept family and friends as they are. Set aside grievances until a more appropriate time for discussion. gifts and other items. Then be sure to stick to your budget. If you don't, you could feel anxious and tense for months afterward as you struggle to pay the bills.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip.

Learn to say no. Believe it or not, people will understand if you can't do every activity. If you say yes only to what you really want to do, you'll avoid feeling overwhelmed.

Don't abandon healthy habits. Don't let the holidays become a food free-for-all. Some treats are OK, but overdoing it only adds to your stress and guilt.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

Rethink resolutions. Resolutions can set you up for failure. Instead, try to return to basic, healthy lifestyle routines. Set smaller, specific goals with a reasonable time frame.

Forget about perfection. Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Something always comes up. Expect and accept imperfections.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for several weeks, talk to your doctor.

If you need additional assistance with Holiday Stress, please feel free to contact Sandy Hartmann-Heisserer at Forest Manor Multi-Service Center at (317)545-1204 Ext. 250 to set up an appointment.



HOLIDAY RECIPIES

Mini Crescent Dogs

Ingredients

- 2 cans (8 oz. each) Pillsbury® refrigerated crescent dinner rolls
- 48 cocktail-sized smoked link sausages or hot dogs (from 16-oz. package)

Directions

1. Heat oven to 375 degrees F. High Altitude (3500-6500 ft) No change.
2. Unroll both cans of the dough; separate into 16 triangles. Cut each triangle lengthwise into 3 narrow triangles.
3. Place sausage on shortest side of each triangle. Roll up each, starting at shortest side of triangle and rolling to opposite point; place point side down on 2 ungreased cookie sheets.
4. Bake 12 to 15 minutes or until golden brown, switching position of cookie sheets halfway through baking. Immediately remove from cookie sheet. Serve warm.

Chocolate Goopy Butter Cookies

Ingredients

- 1 (8-ounce) brick cream cheese, room temperature
- 1 stick butter, at room temperature
- 1 egg
- 1 teaspoon vanilla extract
- 1 (18-ounce) box moist chocolate cake mix
- Confectioners' sugar, for dusting

Directions

Preheat oven to 350 degrees F. In a large bowl with an electric mixer, cream the cream cheese and butter until smooth. Beat in the egg. Then beat in the vanilla extract. Beat in the cake mix. Cover and refrigerate for 2 hours to firm up so that you can roll the batter into balls. Roll the chilled batter into tablespoon sized balls and then roll them in confectioner's sugar. Place on an ungreased cookie sheet, 2 inches apart. Bake 12 minutes. The cookies will remain soft and "goopy." Cool completely and sprinkle with more confectioners' sugar, if desired.





WELCOME NEW STAFF

FOREST MANOR MULTI-SERVICE CENTER WOULD LIKE TO SEND A WARM WELCOME TO TANGELA GAINES, BARBARA MCCLAIN AND ASHLEY CRAWFORD.



Youth Program Coordinator - Tangela Gaines

Tangela came to Forest Manor Multi-Service Center as a Dance Instructor in 2002 for kids ages six to sixteen. She left the organization for three (3) years and then realized her heart was with the children. In the summer of 2009, she returned as a summer counselor now working as the Youth Program Coordinator. She attended Indiana University-Bloomington Indiana, studied Veterinarian Medicine and Dance. She loves working with children and young adults and her hobby is dancing.



Community Engagement Specialist - Ashley Crawford

Ashley is a senior at Indiana University/Purdue University at Indianapolis, her major is Civic Leadership. She believes advocacy is an important part of developing strong neighborhoods and empowering citizens. She has a strong sense of community, and feels that she can make a positive difference in the lives of others by staying actively involved in the community.



Kennedy King Case Manager - Barbara McClain

Ms. McClain retired from the Department of Social Services after twenty-nine (29) years, as a Social Worker, in St. Louis, Missouri. She is an active member at Overcoming Church. Barbara loves to travel and has been to Africa three (3) times. She has one (1) son and three (3) grandchildren. She loves helping people and connecting them to available resources and services. I am glad to be apart of this dynamic team.

WELCOME

MEET THE BOARD & STAFF



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TEEN TIME IS THE RIGHT TIME



Teen Time is an exciting interactive program that helps teens ages 11-17 recognize their full potential as productive citizens. Through the Teen Time program members will participate in a variety of activities such as (but not limited to) homework tutoring, poetry, spoken word, theater, basketball, violence awareness and prevention, computer technology support and college prep.

Teen Time is also designed to give teens an opportunity to have safe social interactions in a safe environment. Teen Time has already began and will un the duration of the school year. Sisters Becoming Soul Sister will began January 12, 2010 - **ladies be**

sure to register. Teen Time hours are Monday through Friday from 6:00PM until 8:00PM. (Please note that the hours are subject to change.) If you are interested in more information, please contact Ms. Tangela at Ext. 300 .

WOULD YOU LIKE TO VOLUNTEER?

Volunteer Information

What is a Volunteer?

A person who voluntarily undertakes or expresses a willingness to undertake a service: as

a: one who enters into military service voluntarily **b** (1) : one who renders a service or takes part in a transaction while having no legal concern or interest (2) : one who receives a conveyance or transfer of property without giving valuable consideration

Types of Volunteer Opportunities

- A. Ongoing Help: direct assistance to clients, office, clerical, PR, outreach, fundraising, Board of directors, advisory boards
- B. Short-term Help: *short-term* (specific needed, on-call, or short duration), *short-term* (non-specific – group projects where people power is needed, i.e., clean-up day) management assistance (research, surveys), professional assistance (legal, accounting, photography)
- C. "Regular-service volunteer" means a person engaged in specific voluntary service activities on an ongoing or continual basis.
- D. "Occasional-service volunteer" means a person who offers to provide a one-time or occasional voluntary service.
- E. "Material donor" means a person who may be unable to give the time required for volunteer service, but chooses to express his/her contribution by providing funds or materials.

Volunteer Opportunities

- Mentors for Youth Programming
- Food Pantry Assistants
- Basic Filing
- Youth Educators with the Youth Department
- Tutors for youth program



For more information please feel free to contact LaKisha Cooper at Ext. 110.

X-PRESSIONS IN ART

X-pressions in art is an excellent way for creative children to express themselves. We offer FREE, professionally instructed art classes every first and third Saturday of the month beginning in January 2010. The are 10:00 a.m. until 11:30 a.m. The target age group for X-pressions is boys and girls ages 6 -12 years old. The class will offer instruction in various types of dance. A complete schedule of classes will be available in January. For more information contact Ms. Tangela at Ext. 310.

WISH LIST

1. Volunteers for ALL Programs
2. Sports Equipment
3. Carpet in Gym Replaced
4. Gym Painted
5. Youth Friendly Tables & Chairs
6. Gas Cards
7. Non perishable food items
8. Paper Goods (Cups, Plates, Utensils)
9. Pool Table
10. Candy items as prizes for youth in after school program
11. School supplies; i.e. paper, pencils, notebooks, folders, etc.
12. Old DVD movies for kids (younger) to enjoy
13. Snack items that are non-perishable for after school program
14. Kleenex, hand sanitizer
15. Art supplies
16. Books for different ages like teens and younger
17. Juice items
18. Sporting equipment like footballs, basketballs, basketball net
19. Dry erase board, dry erase markers, eraser
20. Tickets to local sporting events for youth as rewards
21. DVD movies for Teens to enjoy
22. Bus Passes for youth/adults
23. Gift Cards
24. Love Seat
25. In-kind staff Development
26. Postage
27. Bean Bags of Youth Friendly Sofa



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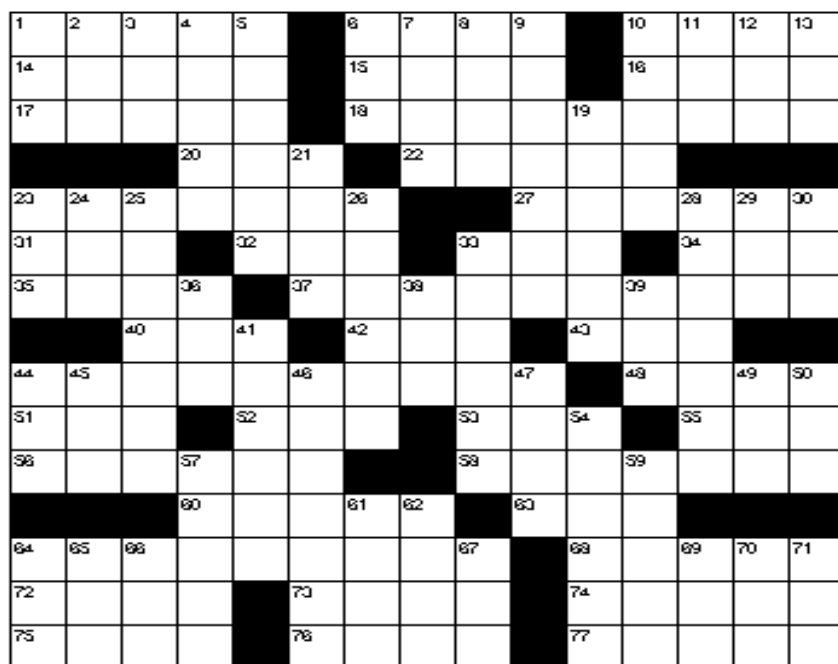
THANKSGIVING

Puzzle by Frank A. Longo
Edited by Will Shortz

The New York Times **Learning Network**
ON THE WEB
www.nytimes.com/learning

ACROSS

1. Big meal, like the first Thanksgiving dinner
6. Person who frosts a cake
10. Stick a fork into
14. New ____ (capital of India)
15. Treat for the dog
16. Pepsi or Coke
17. 34-Across's middle name
18. With 23-Across, the Pilgrims' agreement to establish a government
20. Low-____ (indistinct, like computer graphics)
22. ____ cards (fortunetelling tool)
23. See 18-Across
27. Thanksgiving's season
31. "Not a Pretty Girl" singer DiFranco
32. Cheerleader's shout
33. ____ Tin Tin (dog in a 1950's TV series)
34. "The Raven" poet
35. Olympic figure skater Lipinski
37. Area of the United States in which the Pilgrims settled: 2 wds.
40. Pacino and Gore
42. Squeak-stopping stuff
43. Have some 44-Across, for example
44. Thanksgiving dessert: 2 wds.
48. Overflow point of a cup
51. Santa ____, California
52. Suffix with serpent, hero or opal
53. ____ Lanka (country in the Indian Ocean)
55. Garden of Eden resident
56. Confused states: Hyph.
58. The Pilgrims were giving thanks for this at the first Thanksgiving
60. Aware of, in slang: 2 wds.
63. Slide down a slope
64. What students and employees enjoy during Thanksgiving



© 1999, The New York Times

68. Sci-fi novelist Asimov
72. Jacob's twin in the Bible
73. ____-Rooter (drain-cleaning company)
74. "____ worry!" ("Never fear!"): 2 wds.
75. Like Shaquille O'Neal
76. Baseball Hall-of-Famer Slaughter
77. It's poured on the Thanksgiving turkey

DOWN

1. Govt. agency concerned with the safety of consumed items
2. "Electric" fish
3. "Can't we ____ just get along?"
4. Like a good knife
5. What a tone-deaf person has: 2 wds.
6. ____-compatible computer
7. Winter outerwear
8. New Age music superstar
9. Song chorus
10. "Party of Five" actor Wolf

11. Stranded motorist's need
12. Ginger ____
13. Soap unit
19. Pass time lazily
21. Read over quickly
23. Garfield is one
24. ____ scale of 1 to 10: 2 wds.
25. Film studio of "Pulp Fiction" and "Trainspotting"
26. Shania Twain's "You're Still ____": 2 wds.
28. In an embarrassing situation: 3 wds.
29. It's between Sun. and Tue.
30. "____ & Stacey" (short-lived sitcom)
33. Hot dog topping
36. Swiss mountain
38. Reddi-____ (brand of dessert topping)
39. Mad scientist's workshop
41. "Never mind": 2 wds.
44. "Mork and Mindy" co-star Dawber
45. Prefix meaning "one"
46. Give an emotional lift to
47. Significant stretches of time
49. Hookups in the E.R.
50. Encountered
54. Ticking off
57. Moving-van rental company: Hyph.
59. Glare blocker attached to a cap
61. "Tiny ____ Adventures" (animated series)
62. "I think you're ____ something!"
64. Doc for a 23-Down
65. Gentle ____ lamb: 2 wds.
66. Ripken of baseball
67. Urgent call for help
69. "One Day ____ Time": 2 wds.
70. Truck designed for on-and off-road: Abbr.
71. Shy

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2009 WES MONTGOMERY PARK FAMILY FESTIVAL



In August of 2009, Forest Manor Multi Service Center and other community organizations, local and state politicians, volunteers from United Way and the eastside community celebrated the first ever "Wes Fest!" The Wes Montgomery Festival was conceived out of an idea for Forest Manor to bring providers together to bring thanks and awareness to the community we serve.

The local 317 Riders kicked off the festivities with a ride for peace, which entailed a police escort for over 50 motorcyclists through the eastside of Indianapolis culminating at the Wes Montgomery Park. The Marion County Health Department, along with other healthcare providers, was on hand to facilitate a phenomenal health fair which included a variety of free health screens including dental screens for the children. A plethora of vendors were on hand to satisfy every desire from chicken wings and fried corn on the cob to Fendi purses and beautiful silver jewelry.

As the day drew to evening the stage began to come alive with a number of local artists and dance troupes. All were on hand to observe and enjoy the legendary international recording artists Whodini and Kindred Soul & Family. The party that day rocked from 11:00 a.m. to 8:00 p.m. with those in attendance ranging from 8 weeks to 88 years in age. Forest Manor is looking forward to the 2010 Wes Fest to be even bigger and better. Forest Manor Multi Service Center was humbled by the events of August 29, 2009 at Wes Montgomery Park because the day began and ended without incident, the day began and ended without incident, (once again) with over 3,500 individuals in attendance, the day began and ended without incident.

If you would like to utilize the Wes Montgomery Park Community Festival as an avenue to expose your company to over 44,000 residents of the northeast Indianapolis or just make an important contribution to one of the most successful community events on the near eastside of Indianapolis, please feel free to contact LaKisha Cooper via email, at lcooper@fmmmc.org or by phone at (317) 545-1204.

**MARK YOUR CALENDARS FOR THE
2010 WES MONTGOMERY PARK FAMILY FESTIVAL
ON AUGUST 28, 2010.**



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FAMILY DEVELOPMENT PROGRAM APPLICATIONS AVAILABILITY

Family Development Program (FDP) is a community initiative dedicated to uplifting and empowering low-income families living within the Forest Manor catchment area. The FDP addresses the issues of public assisted families, who may be feeling trapped and helpless, by giving them the tools to become self-sufficient. Eligible families are those whose income is at or below 50% of the HUD area median income. Unlike most homeless prevention programs, which simply focus on emergency assistance and short-term solutions to long-term problems, FDP is designed to provide detailed, extensive and holistic case management, promoting case by case individual and family development. Application will be available in January 2010. For more information, please contact Harry Johnson at ext. 150.

ENERGY ASSISTANCE AND FOOD PANTRY

Information Referral and Assistance

Mondays, Wednesdays and Fridays
10:00 a.m.- 12:00 p.m. and 1:00 p.m. – 4:00 p.m.

Food Pantry

Tuesdays and Thursdays from 10am-12am and 1pm-4pm

In 2009 Forest Manor helped more than 1600 households with Food from our food pantry and we couldn't have done it without the support of our community and their donations. If you would like to donate non-perishable items for families in need please contact Harry Johnson at (317) 545-1204 Ext. 150.

FEMA

In 2010 we're gearing up for Forest Manor's Allocation of FEMA and CERF funds to distribute out to those in need. Households in need will receive Rental and/or Utility assistance with up to one month's of a past due bill. For more information on program Start date please contact Harry Johnson at (317) 545-1204 Ext. 150.

WINTER ENERGY SAVING TIPS

When you save energy and electricity you save money on each month's electric bill. Below we've listed tips and suggestions detailing how you can conserve electricity and in turn save money — throughout the year.

Cold Weather Months:

1. Clean or replace heating system filters every 60 days.
2. Install insulated draperies or blinds around large windows.
3. Keep registers and air vents clear of obstructions.
4. Keep fireplace dampers closed, except during use.
5. Set your thermostat wisely. 68 Degrees or the lowest temperature you find comfortable. For every degree you lower the setting, you can see a difference up to 3% in energy cost.
6. Apply caulking and weather stripping around interior garage or exterior basement entry doors, and around exterior door and window frames.
7. Close and seal crawl space vents and openings.
8. Wrap insulation around water heat and water lines in unheated crawl space or basement.
9. Apply heat shrink plastic around inside of leaky windows.



CASE MANAGER NEEDED!!!

General Function:

Assist client and families in defining their short and long term needs, explore service options and link clients with the appropriate services to meet needs. Coordinate client services with other collaborating external or internal agencies.

Qualifications:

- Bachelor degree in Social Worker, Sociology, Human Services or a related discipline providing comparable training in the areas of counseling, case management, and social services system
- Experience (paid, volunteer or internship) in case management, supervision and social services systems
- Understand of social work principles, techniques and their application to social problems

**For a full job description please email
hjohnson@fmmssc.org**

Must have the ability to handle confidential information, identify the needs of clients and assist in developing programs to meet their needs, communicate effectively with agency staff, clients, and volunteers. Must have the ability to work as a team member and coordinate with other staff in contributing to the goals of the program and provide mature leadership and give and take direction.

Interested applicants must forward a cover letter and resume to:

Harry Johnson
Forest Manor Multi-Service
5603 East 38th Street
Indianapolis, Indiana 46218
Fax: (317) 545-3096
Email: hjohnson@fmmssc.org

Absolutely No Phone Calls!!

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STAFF DIRECTORY

Phone: (317) 545-1204

Ext.

Regina Marsh	Executive Director	180
Jennifer Darby	Assistant Director	220
Harry Johnson	Family Development Program	150
Debra Burnett	Workforce Development	130
Carlette Duffy	Teen Programs	260
Morganna "Marty" Marsh	Youth Program	310
Sandy Hartman-Heisserer	Mental Health & Addictions Program	250
Carl Morrow	AM Receptionist	100
Elizabeth Brown	PM Receptionist	100
Jerome Walton	Transportation	(317) 654-5003
Barbara McClain	Kennedy-King Homeless Prevention	(317) 327-7008
LaKisha Cooper	Administrative Assistant	110
Patrick Bouquett	Kennedy-King Seniors Program	(317) 327-7424
Carol Calvin	Senior Programs	200
Jonathan Carpenter	Community School Coordinator	(317) 803-3182
Victor White	Job Developer	210
Ashley Crawford	Community Engagement Specialist	160
Tangela Gaines	Youth Program Coordinator	300



KENNEDY KING CENTER STAFF LISTING

Sister Center to FMMSC:

Kennedy King Park

601 E. 17th Street
Indianapolis, Indiana 46202

Kennedy King Park offers social services
and senior programs to also serve the
needs of that community.

Boundaries Consist of:

North: 30th Street
South: 13th Street
West: Highland Place
East: Sherman Drive

KENNEDY KING PARK STAFF:

Barbara McClain - (317) 327-7008
Patrick Bouquett - (317) 327-7424

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"Forest Manor Multi Service Center where individuals and families thrive and the community prospers."



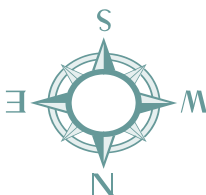
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East 38th Street



**Forest Manor's
Boundaries**
North: 56th Street
South: I-70
East: I-465
West: Keystone Avenue/
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